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PEOPLE'S REPUBLIC OF CHINA**

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**Supplementary nutrition guide for infants and young children
(English Translation)**

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Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

Drafting organizations of this standard. Capital Institute of Pediatrics, Institute of Nutrition and Health, Chinese Center for Disease Control, School of Public Health, Nanjing Medical University, Children's Hospital of Chongqing Medical University, Shenzhen Chronic Disease Prevention Center.

1 Scope

This standard specifies the basic principles of supplementary food supplementation and supplementary supplementation for infants and young children born at healthy term from 6 months to 24 months.

Guidance and requirements for food supplement production.

This standard is applicable to the nutritional guidance of supplementary food for infants and

young children from 6 months to 24 months of age.

2 Terms and definitions

The following terms and definitions apply to this document.

Baby infant

Children aged 0-12 months.

Toddler

Children aged 12 to 36 months.

Complementary foods

Supplementary food

After 6 months of age, infants and young children continue to breastfeed, while adding other foods with various traits to meet nutritional needs, including Including home preparation and factory production.

3.1 Time to add complementary food

Exclusive breastfeeding until 6 months of age, and supplementary food when the child is healthy. The meal time for infants and young children should gradually be consistent with the three meals a day of the family.

At the same time, continue breastfeeding, it is recommended to breastfeed until 2 years old and above.

3.2 Types of complementary food

The types range from single to diverse, and only one new food is added each time, and the amount of addition ranges from small to large. Every time a new food is introduced, it should be adapted to 3d~ 5d, observe whether there are adverse reactions such as vomiting, diarrhea, skin rash, etc., and add other new foods after adapting to one food. Gradually increase complementary food Types, eventually reaching four or more of the seven common foods consumed daily, see Appendix A.

3.3 The quantity and nutritional requirements of complementary food the amount of supplementary food added is from less to more, paying attention to the hunger and satiety reactions of infants and young children, mainly based on the needs of the child. Meet breast milk and complementary food Please refer to Appendix B for the energy provided and the intake of main nutrients.

3.4 Characters and texture of complementary food

With the development of the structure and function of the oral and gastrointestinal organs of infants and young children, the character and texture of complementary food should change from thin to thick, from fine to coarse, from mud to Beginning with mashed food such as vegetable puree, it gradually increases the hardness and particle size of the food, and transitions to semi-solid or solid food such as minced meat and chopped vegetables.

3.5 Compliant feeding

With the growth and development of infants and young children, feeders should provide diversified and appropriate Food to ensure the healthy development of infants and young children. During the feeding process, the hunger and satiety responses of infants and young children should be sensed in time, and appropriate responses should be made.

Should, patiently encourage and assist infants and young children to eat, cultivate children's reasonable eating behaviors, help infants and young children learn to eat independently, and observe necessary intake Meal etiquette gradually forms a healthy meal pattern.

3.6 Monitoring and evaluation

Regularly monitor and evaluate the physical growth and development indicators of infants and young children, and evaluate the nutritional status. When the nutritional intake of complementary food cannot meet the demand, it should Time adjustments can be used to supplement nutrients reasonably.

3.7 Safety and hygiene of supplementary food

Clean, safe and hygienic food materials and utensils should be used for complementary food preparation. Some foods or eating behaviors can easily lead to eating accidents.

The certificate is safe, and infants and young children must be supervised by adults when they eat.

3.8 Feeding during illness

Suspend adding new food supplements. Except in special circumstances, encourage the consumption of digestible and nutritious complementary foods. After recovery, resume normal diet in time.

4 Supplementary food supplement guidance for age groups

4.1 6 to 8 months old

4.1.1

Types of complementary foods. First, supplement foods that are rich in iron, easy to digest and not easy to cause allergies, such as thick porridge, vegetable puree, fruit puree, eggs Yellow, mashed meat, mashed liver, etc. gradually reach a balanced intake of eggs, meat, fruits and vegetables every day.

4.1.2

Frequency of supplementary food. gradually increase from trial to 1-2 meals a day, with breastfeeding as the main option.

4.1.3

The amount of supplementary food. from 10 mL to 20 mL (about 1 to 2 scoops) per meal, gradually increasing to about 125 mL (about 1/2 bowl). All kinds of food refer to Appendix C for the recommended intake of foods. Due to the large individual differences in the intake of complementary foods, the limit does not affect the total milk volume.

4.1.4

Complementary food traits. gradually from muddy to crushed.

4.1.5

Texture of complementary food. the degree to which it can be crushed by the tongue, like soft tofu.

4.2 9-12 months old

4.2.1

Types of complementary foods. introducing poultry (chicken, duck, etc.), livestock (pork, beef, mutton, etc.), fish, Animal liver and animal blood have gradually reached a balanced intake of eggs, meat, fruits and vegetables every day.

4.2.2

Frequency of supplementary food. eat regularly, 2 to 3 meals a day, 1 to 2 extra meals, and continue breastfeeding.

4.2.3

The amount of supplementary food. gradually increase to about 180 mL (about 3/4 bowl) per meal. Refer to Appendix C for the recommended intake of various foods.

4.2.4

Complementary food traits. broken pieces and finger-like food that babies can grasp with their hands.